



# Understanding Paranoia: A Guide for Professionals, Families, and Sufferers

*By Martin Kantor*



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## Understanding Paranoia: A Guide for Professionals, Families, and Sufferers

By Martin Kantor

In this insightful book, the author vividly takes the reader inside the minds of people who are paranoid: experiencing delusions of persecution ranging from thinking others are out to get them to falsely believing they have physical illness. Kantor also explains to us other facets of the Paranoid Personality, including suspiciousness, hypersensitivity, extreme vigilance, simmering anger, and a tendency to blame others for and absolve oneself of almost everything. How does such paranoia affect one's life? Whether one is a paranoiac wanting to recover from the emotional disorder, or a person looking for the best way to deal with a paranoid husband, wife, friend, boss, or acquaintance, this book offers understanding and guidance. As Kantor explains, the term paranoid should not be used as a hurtful epithet. Paranoid individuals are no more or less evil than persons with any other emotional disorder, or for that matter, persons with a physical disorder. Paranoia is a disorder of the mind, not a flaw of character, says Kantor.

Paranoid individuals are not invariably social misfits. They are found in all walks of life and in all professions, suffering from this disorder that distorts behavior and affects those with whom they come in contact, often in devastating ways. Politicians who write attack ads, spouses who beat or kill their partners, people in road or supermarket rage incidents are all among the possibly paranoid, as are students who perpetrate violence at their schools and fired employees who wreak violence at their former workplaces. Recognizing and treating paranoid behaviors can prevent or reduce antisocial activity and violence against individuals and society.



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### Editorial Review

#### Review

As a psychological disorder, paranoia is oddly dualistic: psychiatrists and psychologists rely on technical definitions for the mental malady and laypeople have a socially agreed on sense of it. Readers will see both sides well represented here....This volume will be most useful for professionals, though faculty and students will appreciate the rich examples. Recommended. Professionals, general readers, and comprehensive academic collections. - **Choice**

"Kantor assimilates existing texts and states his own views both firmly and without pretension, an excellent model for teaching and therapy....Nonprofessional readers will gain an understanding of psychodynamic and cognitive-behavioral diagnosis and treatment, along with clarification of various syndromes that mimic or disguise paranoia. Patients, family members, co-workers, and friends will benefit from practical advice illustrated with well-chosen examples. A unique treatment; highly recommended for all psychology collections and larger general libraries." - **Library Journal, Starred Review**

^Understanding Paranoia^R is a collection of narrative accounts and therapeutic indications for paranoia. It is a good introduction for people who want information about this disease. It contains excellent descriptions and categorizations of what delusions generally are. It is a profitable psychological and clinical essay for therapists and paranoids themselves. - **Metapsychology**

[T]his book is an important and useful work. It may be particularly beneficial to laypersons seeking to understand paranoid behavior and learn more about potential causes and treatments. It will also be helpful for clinicians who are relatively new to working with paranoid individuals....[t]his book is a valuable guide to several aspects of paranoia, and will likely be helpful to many clinicians sufferers, and family members. - **The Journal of Nervous and Mental Disease**

Takes the reader inside the minds of people who are paranoid-experiencing delusions of persecution ranging from thinking others are out to get them to falsely believing they have physical illnesses. - **Foreword**

#### About the Author

Martin Kantor, MD is retired Staff Psychiatrist for the Department of Veterans Affairs Medical Center in East Orange, New Jersey. Kantor has written thirteen other books for Praeger including *Uncle Sam's Shame* (2008), *Lifting the Weight* (2007), *The Psychopathy of Everyday Life* (2006), and *Understanding Paranoia* (2004).

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#### Ruth Powers:

This Understanding Paranoia: A Guide for Professionals, Families, and Sufferers book is not ordinary book, you have it then the world is in your hands. The benefit you receive by reading this book is information inside this publication incredible fresh, you will get info which is getting deeper you actually read a lot of

information you will get. This specific Understanding Paranoia: A Guide for Professionals, Families, and Sufferers without we recognize teach the one who looking at it become critical in thinking and analyzing. Don't end up being worry Understanding Paranoia: A Guide for Professionals, Families, and Sufferers can bring once you are and not make your bag space or bookshelves' turn into full because you can have it within your lovely laptop even phone. This Understanding Paranoia: A Guide for Professionals, Families, and Sufferers having excellent arrangement in word as well as layout, so you will not sense uninterested in reading.

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As people who live in the actual modest era should be upgrade about what going on or information even knowledge to make these people keep up with the era which can be always change and make progress. Some of you maybe may update themselves by looking at books. It is a good choice in your case but the problems coming to you actually is you don't know what kind you should start with. This Understanding Paranoia: A Guide for Professionals, Families, and Sufferers is our recommendation to cause you to keep up with the world. Why, because this book serves what you want and need in this era.

#### **Lorenzo Logan:**

The reason why? Because this Understanding Paranoia: A Guide for Professionals, Families, and Sufferers is an unordinary book that the inside of the reserve waiting for you to snap the item but latter it will distress you with the secret it inside. Reading this book alongside it was fantastic author who have write the book in such incredible way makes the content interior easier to understand, entertaining way but still convey the meaning entirely. So , it is good for you for not hesitating having this any longer or you going to regret it. This excellent book will give you a lot of advantages than the other book get such as help improving your ability and your critical thinking technique. So , still want to delay having that book? If I had been you I will go to the book store hurriedly.

#### **Joseph Langley:**

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